



CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge View [Guidelines for entries](#) [Team Leaderboard](#) [Add or Update a Person](#) [FAQ](#)

May 2016 - The Sub 7 Triple 7 Long and Short of it
This challenge was chosen by SUB7

Row
777m / 223m / 777m / 223m / 777m / 223m / 777m / 223m
With 7 minutes total rest spread however you like between the reps.

The first rep from a standing start the others how you choose

Record the time taken for the total 4000 metres.

The simplest way to split the rests is one minute between each rep.

The June challenge will be chosen by the independents.

See the [ISS forum thread](#) for details.

Most Recent Entries

Date	Name	Cat	Team	Result
2016-07-16	Dave Haynes	MHWT	Fitness Matters	14:20.8
2016-06-01	Barbara H	FHWT	Free Spirits	15:53.0
2016-06-01	Michelle Houghton	FHWT	Free Spirits	18:30.1
2016-06-01	Laurent Sinico	MHWT	FIRT	16:41.0
2016-06-01	Sarah Graham Fuhrmann	FHWT	Sub 7	16:57.2

Bold = new time; *italic* = updated time

Add/Update an Entry

Current Leaderboard

Names in blue italics have added or updated their times within the past 24 hours.

#	Name	Cat Team	Result	Pace	Power	
1	Pavel Shurmei	M Sub 7 I	11:56.5	1:29.6	487.2	1 Sub 7 I
2	Sam Blythe	M Fitness Matters I	12:04.6	1:30.6	471.0	Pavel Shurmei (H) Dan Stanley (H) Kev Bell (H)
3	Jon Nonklett FM	M Fitness Matters I	12:05.0	1:30.6	470.2	84 pts
4	Luke Wollenschlaeger	M Paddy Power I	12:05.2	1:30.7	469.9	2 Fitness Matters I
5	Dan Stanley	M Sub 7 I	12:11.9	1:31.5	457.1	Sam Blythe (H) Jon Nonklett FM (H) Chris chapman (H)
6	Chris chapman	M Fitness Matters I	12:16.5	1:32.1	448.6	83 pts
7	Benjamin Reuter	M Fitness Matters II	12:16.9	1:32.1	447.8	3 Fitness Matters II
8	Andy Benko	M Paddy Power I	12:18.8	1:32.4	444.4	Benjamin Reuter (H) Charles Green FM (H) 11Thomas Hansen (H)
9	Charles Green FM	M Fitness Matters II	12:23.5	1:32.9	436.0	82 pts
10	Kev Bell	M Sub 7 I	12:31.7	1:34.0	421.9	4 Fitness Matters III
11	11Thomas Hansen	M Fitness Matters II	12:34.1	1:34.3	417.9	Tony R Dam FM (H) Lee Bawn FM (H) BlanksbyFM (H)
12	Tony R Dam FM	M Fitness Matters III	12:35.5	1:34.4	415.6	81 pts
13	Lee Bawn FM	M Fitness Matters III	12:37.4	1:34.7	412.4	5 Paddy Power I
14	BlanksbyFM	M Fitness Matters III	12:39.5	1:34.9	409.0	Luke Wollenschlaeger (H) Andy Benko (H) Jeff Gay (H)
15	Christian BW FM	M Fitness Matters IV	12:43.0	1:35.4	403.4	80 pts
16	Mark Roberson FM	M Fitness Matters IV	12:44.3	1:35.5	401.4	6 Sub 7 II
17	Danny Graham	M Team Oarsome I	12:45.1	1:35.6	400.1	Ally Cooper (H) James Murray (H) Warren Matthews (H)
18	Danjial Martin Hofgaard FM	m Fitness Matters I	12:45.3	1:35.7	399.8	7 Fitness Matters IV
19	Hameed Mourani FM	M Fitness Matters IV	12:45.4	1:35.7	399.6	Christian BW FM (H) Mark Roberson FM (H) Hameed Mourani FM (H)
20	Ally Cooper	M Sub 7 II	12:47.0	1:35.9	397.1	78 pts
21	James Murray	M Sub 7 II	12:48.0	1:36.0	395.6	8 Team Oarsome I
22	hjs	M Forum Flyers I	12:48.6	1:36.1	394.7	Danny Graham (H) Al Taylor (H) PR_SAV (H)
23	EricL	M FIRT I	12:48.7	1:36.1	394.5	77 pts
24	Warren Matthews	M Sub 7 II	12:49.0	1:36.1	394.1	9 MAD I
25	Stewart Wyllie	M RowPro Rowers I	12:51.5	1:36.4	390.2	Pete Marston (H) Simon Handley (H) Kieran Cahill (L)
26	Ole Bahlmann FM	M Fitness Matters V	12:51.6	1:36.5	390.1	76 pts
27	Al Taylor	M Team Oarsome I	12:51.9	1:36.5	389.6	10 Sub 7 III
28	Tobias Stoehr	M Fitness Matters V	12:54.0	1:36.8	386.5	Alex Doidge (H) Alan Thomas (H) Darren Freeman (H)
29	Lee Waddon	M Fitness Matters V	12:55.0	1:36.9	385.0	75 pts
30	Chris Gass	M Fitness Matters VI	12:55.3	1:36.9	384.5	11 Fitness Matters V
31	Liefcat	M Free Spirits I	12:56.0	1:37.0	383.5	Ole Bahlmann FM (H) Tobias Stoehr (H) Lee Waddon (H)
32	Darren Owen FM	M Fitness Matters VI	12:56.3	1:37.0	383.0	74 pts
33	Patrick Midgley	M Fitness Matters VI	12:56.5	1:37.1	382.7	12 Sub 7 IV
34	Mark Rozewicz	M Fitness Matters VII	12:56.9	1:37.1	382.2	cygwyllt (H)
35	35RowdyFM	M Fitness Matters VII	12:57.5	1:37.2	381.3	73 pts
36	Marshall Godschalk FM	M Fitness Matters VII	12:57.7	1:37.2	381.0	13 Free Spirits I
37	Alex Doidge	M Sub 7 III	12:57.8	1:37.2	380.8	Liefcat (H) haaico (H) Felton Humble (H)
38	Alastair Peake	m Sub 7 I	12:57.8	1:37.2	380.8	72 pts
39	Alan Thomas	M Sub 7 III	12:58.9	1:37.4	379.2	14 Fitness Matters VI
40	Darren Freeman	M Sub 7 III	12:59.4	1:37.4	378.5	Chris Gass (H) Darren Owen FM (H) Patrick Midgley (H)
41	haaico	M Free Spirits I	13:00.2	1:37.5	377.3	71 pts
42	cygwyllt	M Sub 7 IV	13:00.2	1:37.5	377.3	15 Sub 7 V
43	Walter Zagzebski	M Sub 7 IV	13:00.4	1:37.6	377.0	Richard Cheeseman (H) Martin Evans (H) Scott Pollock (H)
44	1 Ross Love	M Fitness Matters VIII	13:02.0	1:37.8	374.7	70 pts
45	Steve Sidaway	M Sub 7 IV	13:02.4	1:37.8	374.2	16 RowPro Rowers I
46	Justin Farina FM	M Fitness Matters VIII	13:02.7	1:37.8	373.7	Stewart Wyllie (H) Bjorn_Stensheim (H)
47	DavidHolmberg	m Free Spirits I	13:03.2	1:37.9	373.0	Arwed Egger (L) France Bergeron (F)
48	Richard Cheeseman	M Sub 7 V	13:03.5	1:37.9	372.6	
49	Martin Evans	M Sub 7 V	13:03.7	1:38.0	372.3	
50	Julian Warrick	M Fitness Matters VIII	13:03.8	1:38.0	372.2	
51	Andy J Pearce	M C2TweetCrew I	13:03.9	1:38.0	372.0	
52	Gary F Curtis	M Fitness Matters IX	13:05.5	1:38.2	369.7	
53	Felton Humble	M Free Spirits I	13:06.6	1:38.3	368.2	
54	Arwed Egger	m RowPro Rowers I	13:06.9	1:38.4	367.8	
55	PR_SAV	M Team Oarsome I	13:07.1	1:38.4	367.5	
56	Jeff Gay	M Paddy Power I	13:08.2	1:38.5	366.0	
57	Bogi Olsen FM	m Fitness Matters II	13:08.3	1:38.5	365.8	
58	Bjorn_Stensheim	M RowPro Rowers I	13:09.1	1:38.6	364.7	
59	Robert Carson	M Fitness Matters IX	13:09.3	1:38.7	364.4	

60	Pete Marston	M	MAD I	13:09.4	1:38.7	364.3	69 pts	Bjorn Tore Lodding (H)	
61	Jonathan Davis	M	Free Spirits II	13:09.8	1:38.7	363.7	17	Fitness Matters VII	
62	Bjorn Tore Lodding	M	RowPro Rowers I	13:10.4	1:38.8	362.9		Mark Rozewicz (H)	Per-Arne Syvertsen (L)
63	Dave Pimm FM	M	Fitness Matters IX	13:10.8	1:38.9	362.4	68 pts	35RowdyFM (H)	Sarah Gibbs FM (F)
64	Casey Clarke SkiErg	M	Ski Erg I	13:11.1	1:38.9	361.9		Marshall Godschalk FM (H)	
65	Simon Stone FM	m	Fitness Matters III	13:11.5	1:38.9	361.4	18	Red Line Rowers I	
66	Kieran Cahill	m	MAD I	13:11.7	1:39.0	361.1		Michael Anderson (H)	Keith Darby (L)
67	AAPaul Buchanan	M	Paddy Power II	13:12.3	1:39.0	360.3	67 pts	Ian Witt RLR (H)	Jo Andrews RLR (F)
68	Paul Grimster	M	Fitness Matters X	13:12.6	1:39.1	359.9		Mark Lysons (H)	
69	Scott Pollock	M	Sub 7 V	13:12.6	1:39.1	359.9	19	Fitness Matters VIII	
70	John Healey FM	M	Fitness Matters X	13:13.0	1:39.1	359.4		1 Ross Love (H)	Patrick Bell (L)
71	Dave Chmilowskyj	M	Team Oarsome II	13:13.2	1:39.2	359.1	66 pts	Justin Farina FM (H)	Annfrio Hansen FM (F)
72	Michael McKee	M	Fitness Matters X	13:14.4	1:39.3	357.5		Julian Warrick (H)	
73	Elena Buryak	F	Sub 7 I	13:14.7	1:39.3	357.0	20	FIRT I	
74	Simon Handley	M	MAD I	13:15.3	1:39.4	356.2		EricL (H)	patrice CORNUT (L)
75	Keith Darby	m	Red Line Rowers I	13:15.4	1:39.4	356.1	65 pts	Pierrick Moscatello (H)	Laurence LOPEZ (F)
76	Pierrick Moscatello	M	FIRT I	13:15.8	1:39.5	355.6		bons34 (H)	
77	Andy Parkes	M	Geek Crew I	13:16.2	1:39.5	355.0	21	Sub 7 VI	
78	Harry Wilkes	M	Sub 7 VI	13:17.2	1:39.7	353.7	64 pts	Harry Wilkes (H)	Markku Henriksson (L)
79	Gregory Cook II	m	Team Oarsome I	13:19.0	1:39.9	351.3		Ian Wilde (H)	Margaret Greenhall (F)
80	Remi Sture	M	Norway I	13:19.3	1:39.9	350.9	22	C2TweetCrew I	
81	Stew-ski	M	Ski Erg I	13:19.5	1:39.9	350.7		Andy J Pearce (H)	Stan Shatenstein (L)
82	Tom Southall FM	M	Fitness Matters XI	13:21.1	1:40.1	348.6	63 pts	Ralf Achenbach (H)	Malwina Tritt (F)
83	Robert Mayes	M	DLC Gidea Park I	13:21.3	1:40.2	348.3		Kay Bieri (H)	
84	Jason (FM)	M	Fitness Matters XI	13:21.7	1:40.2	347.8	23	Fitness Matters IX	
85	Max O'Malley	m	Fitness Matters IV	13:22.3	1:40.3	347.0		Gary F Curtis (H)	Dawood Dawood FM (L)
86	Ian Wilde	M	Sub 7 VI	13:22.5	1:40.3	346.7	62 pts	Robert Carson (H)	Lori Lindahl (F)
87	Michael Anderson	M	Red Line Rowers I	13:22.5	1:40.3	346.7		Dave Pimm FM (H)	
88	John Steventon	m	Free Spirits II	13:23.2	1:40.4	345.8	24	Forum Flyers I	
89	Santiago Muinos FM	M	Fitness Matters XI	13:23.4	1:40.4	345.6		njs (H)	Chris FF (L)
90	Leon Childs	M	Independent I	13:23.5	1:40.4	345.4	61 pts	Wiecher (H)	Debbie Barber (F)
91	Luke Grose FM	M	Fitness Matters XII	13:24.7	1:40.6	343.9		Dirk Möller (H)	
92	Wiecher	M	Forum Flyers I	13:25.6	1:40.7	342.8	25	Free Spirits II	
93	Kyle Dobbs FM	M	Fitness Matters XII	13:25.7	1:40.7	342.6	60 pts	Jonathan Davis (H)	John Steventon (L)
94	Dirk Möller	M	Forum Flyers I	13:26.3	1:40.8	341.9		gregsmith01748 (H)	Laura Fairbairn (F)
95	Arkadiusz Kieliszek	m	Sub 7 II	13:26.7	1:40.8	341.4	26	Fitness Matters X	
96	Ian Witt RLR	M	Red Line Rowers I	13:27.0	1:40.9	341.0		Paul Victory (H)	Mark Shaw (L)
97	James stapleton	M	Independent I	13:27.4	1:40.9	340.5	59 pts	John Healey FM (H)	1Kimmie (F)
98	Chris Kelly	m	Fitness Matters V	13:27.6	1:41.0	340.2		Michael McKee (H)	
99	Gerald A Armstrong	M	Team Oarsome II	13:28.6	1:41.1	339.0	27	Sub 7 VII	
100	Kjetil Foss FM	M	Fitness Matters XII	13:29.0	1:41.1	338.4		Matt Foster (H)	Rod.Chinn (L)
101	Andrew Breen	M	Sub 7 VI	13:29.3	1:41.2	338.1	58 pts	Richard Steventon (H)	Carol Woodward (F)
102	Chris Mizen.	m	MAD I	13:29.8	1:41.2	337.4		Michael Williams (H)	
103	Howard Brammer	M	Fitness Matters XIII	13:29.9	1:41.2	337.3	28	Paddy Power II	
104	bons34	M	FIRT I	13:30.0	1:41.3	337.2		AAPaul Buchanan (H)	Joshua Cherwinski (L)
105	patrice CORNUT	m	FIRT I	13:30.4	1:41.3	336.7	57 pts	PaOSullivan1 (H)	Sarah Doyle PP (F)
106	Matt Foster	M	Sub 7 VII	13:31.8	1:41.5	335.0		davidmarks (H)	
107	Mark Lysons	M	Red Line Rowers I	13:32.7	1:41.6	333.8	29	DLC Gidea Park I	
108	Richard Steventon	M	Sub 7 VII	13:33.1	1:41.6	333.4		Robert Mayes (H)	Joe Giggins (L)
109	James Hildebrand	M	Penobscot River IRC I	13:34.0	1:41.8	332.2	56 pts	Jon Melson (H)	Becky Long (F)
110	Bjorn Tore Lodding ski	M	Ski Erg I	13:34.6	1:41.8	331.5		Bob Bell (H)	
111	Nigel Farmer	M	Forum Flyers II	13:35.0	1:41.9	331.0	30	Sub 7 VIII	
112	Ralf Achenbach	M	C2TweetCrew I	13:35.2	1:41.9	330.8		Steven Richie (H)	Nigel Brockton (L)
113	Luis	m	FIRT II	13:35.7	1:42.0	330.2	55 pts	Magnus K (H)	Anita Jones (F)
114	Matthew Croy	M	Forum Flyers II	13:36.1	1:42.0	329.7		Robert Jones (H)	
115	Jon Melson	M	DLC Gidea Park I	13:37.1	1:42.1	328.5	31	Fitness Matters XI	
116	Amadee Pelgrim	M	RowPro Rowers II	13:38.7	1:42.3	326.6		Tom Southall FM (H)	Andrew Hajek FM (L)
117	Michael Williams	M	Sub 7 VII	13:39.3	1:42.4	325.8	54 pts	Jason (FM) (H)	Barbara C FM (F)
118	Steven Richie	M	Sub 7 VIII	13:39.6	1:42.5	325.5		Santiago Muinos FM (H)	
119	Andy Burrows	M	Team Oarsome II	13:39.8	1:42.5	325.2	32	Red Line Rowers II	
120	Mark Gaffney FM	M	Fitness Matters XIII	13:40.2	1:42.5	324.8		Rowland Hills (RLR) (H)	Bezza RLR (L)
121	Magnus K	M	Sub 7 VIII	13:40.5	1:42.6	324.4	53 pts	Matt Kerr RLR (H)	Shelagh tubby (F)
122	gregsmith01748	M	Free Spirits II	13:40.8	1:42.6	324.1		Paul White (RLR) (L)	
123	Martin leach	M	Team Oarsome III	13:40.9	1:42.6	323.9	33	Fitness Matters XII	
124	Paul_Timmons	m	Paddy Power I	13:41.2	1:42.7	323.6		Luke Grose FM (H)	Chris Spurdle (L)
125	Joseph Smyntek	M	Empty the Tanks I	13:42.7	1:42.8	321.8	52 pts	Kyle Dobbs FM (H)	Rose Metalli (F)
126	Robert Jones	M	Sub 7 VIII	13:42.9	1:42.9	321.6		Kjetil Foss FM (H)	
127	Marc Charman	m	Sub 7 III	13:43.8	1:43.0	320.5	34	FIRT II	
128	PaOSullivan1	M	Paddy Power II	13:44.7	1:43.1	319.5		patrick TERGEMINA (H)	david FROC (L)
129	Matthew Tilt	M	Fitness Matters XIII	13:46.6	1:43.3	317.3	51 pts	Luis (L)	Darlane Mazet (F)
130	Alfred Okello	m	Sub 7 IV	13:46.8	1:43.4	317.1		bough13 (L)	
131	Paul White (RLR)	m	Red Line Rowers II	13:46.9	1:43.4	316.9	35	Sub 7 IX	
132	Christopher Leonard FM	M	Fitness Matters XIV	13:47.0	1:43.4	316.8		Seb John (H)	Paul David Smith (L)
133	Lindsayh	M	Forum Flyers II	13:48.5	1:43.6	315.1	50 pts	Sam white HW (H)	Rhian Bowen (F)
134	Eddie Edwards FM	M	Fitness Matters XIV	13:48.7	1:43.6	314.9		Aaron Lancaster (H)	
135	Rob J Wilson	m	Sub 7 V	13:48.8	1:43.6	314.8	36	Forum Flyers II	
136	Spencer Priestley FM	M	Fitness Matters XIV	13:49.2	1:43.7	314.3		Nigel Farmer (H)	Rohan Gifford (L)
137	bough13	m	FIRT II	13:49.2	1:43.7	314.3	49 pts	Matthew Croy (H)	Kathy Schofield (F)
138	Kay Bieri	M	C2TweetCrew I	13:49.9	1:43.7	313.5		Lindsayh (H)	
139	Mike KM Beard	m	Fitness Matters VI	13:50.3	1:43.8	313.1	37	Fitness Matters XIII	
140	Joshua Cherwinski	m	Paddy Power II	13:51.0	1:43.9	312.3		Howard Brammer (H)	1Jaime Ingleby (L)
141	patrick TERGEMINA	M	FIRT II	13:51.1	1:43.9	312.2	48 pts	Mark Gaffney FM (H)	Lisa Stoehr FM (F)
142	Ben M	M	Tribesports I	13:51.3	1:43.9	311.9		Matthew Tilt (H)	
143	stupefaction	M	Team Oarsome III	13:52.7	1:44.1	310.4	38	Ski Erg I	
144	Paul Victory	M	Free Spirits II	13:54.0	1:44.3	308.9		Casey Clarke SkiErg (H)	Arwed Egger Ski (L)
145	Rowland Hills (RLR)	M	Red Line Rowers II	13:54.0	1:44.3	308.9	47 pts	Stew-ski (H)	Anne Slowski (F)
146	Matt Kerr RLR	M	Red Line Rowers II	13:54.0	1:44.3	308.9		Bjorn Tore Lodding ski (H)	
147	david FROC	m	FIRT II	13:54.3	1:44.3	308.6	39	Independent I	
148	Seb John	M	Sub 7 IX	13:54.4	1:44.3	308.5		Leon Childs (H)	Oranj (L)
149	tony walpole	M	Fitness Matters XV	13:54.7	1:44.3	308.1	46 pts	James stapleton (H)	Jackie Hicks (F)
150	Kevin James FM	M	Fitness Matters XV	13:54.8	1:44.4	308.0		Chris Marchant (H)	
151	Pongi	M	Fitness Matters XV	13:55.9	1:44.5	306.8	40	Sub 7 X	
152	Sam white HW	M	Sub 7 IX	13:56.1	1:44.5	306.6		Mick Croissant (H)	Planky (L)
153	André Budzien	M	SYC Rowing Crew I	13:56.2	1:44.5	306.5	45 pts	Tom Dolly (H)	Jet Ski Lady (F)
154	davidmarks	M	Paddy Power II	13:56.2	1:44.5	306.5		Marcin Dabrowski (H)	
155	Anna Lewis	F	MAD I	13:57.4	1:44.7	305.2	41	Fitness Matters XIV	
156	Aaron Lancaster	M	Sub 7 IX	13:57.7	1:44.7	304.8		Christopher Leonard FM (H)	Andy Knight FM (L)
157	Bob Bell	M	DLC Gidea Park I	13:58.1	1:44.8	304.4	44 pts	Eddie Edwards FM (H)	Denise Cunningham FM (F)
								Spencer Priestley FM (H)	
							42	Red Line Rowers III	
								Richard Campos (RLR) (H)	David Austin (L)
								George Bingham (RLR) (H)	Julie Pailin (F)
								Richard Milner (L)	
								Team Oarsome II	

354 Mark Powell	M	Sub 7 XV	16:00.0	2:00.0	202.5	
355 Alice Smith	F	Sub 7 XIII	16:00.6	2:00.1	202.2	
356 Bluebell31	F	Sub 7 XIV	16:01.9	2:00.2	201.3	
357 Sarah Doyle PP	f	Paddy Power II	16:02.1	2:00.3	201.2	
358 Peter Sheean	m	Forum Flyers VII	16:05.8	2:00.7	198.9	
359 Alex d'Arcy	M	The Sprint Group I	16:08.8	2:01.1	197.1	
360 France Bergeron	F	RowPro Rowers I	16:09.0	2:01.1	197.0	
361 Andy Tripp	M	Tribesports II	16:11.4	2:01.4	195.5	
362 Debbie Barber	F	Forum Flyers I	16:12.5	2:01.6	194.8	
363 Ruud Jackel	M	RowPro Rowers IV	16:15.1	2:01.9	193.3	
364 Clare Rainbow	f	Sub 7 XIV	16:16.1	2:02.0	192.7	
365 Marjorie	F	Sub 7 XV	16:16.1	2:02.0	192.7	
366 Mark Cawthorne	M	Free Spirits VIII	16:16.5	2:02.1	192.5	
367 Jackie Hicks	F	Independent I	16:16.7	2:02.1	192.3	
368 Laura Fairbairn	F	Free Spirits II	16:17.3	2:02.2	192.0	
369 Howard Brammer ski	M	Ski Erg III	16:17.8	2:02.2	191.7	
370 Lori Lindahl	F	Fitness Matters IX	16:24.1	2:03.0	188.0	
371 Jonathan Turns ETT	M	Empty the Tanks II	16:24.3	2:03.0	187.9	
372 Anita Pearce	F	C2TweetCrew II	16:24.6	2:03.1	187.7	
373 Laurence LOPEZ	F	FIRT I	16:25.7	2:03.2	187.1	
374 Debbie Meek	f	Gee Crew I	16:25.7	2:03.2	187.1	
375 NC Stanley	M	Age Without Limits I	16:25.7	2:03.2	187.1	
376 Jeremy Delarue	M	FIRT VI	16:25.8	2:03.2	187.1	
377 Casey Clarke	M	Sub 7 XV	16:26.3	2:03.3	186.8	
378 Cathy Lowe Rimov	F	Sub 7 XV	16:27.3	2:03.4	186.2	
379 Amy Stewart	F	DLC Gidea Park II	16:28.0	2:03.5	185.8	
380 Margo James	f	RowPro Rowers II	16:30.3	2:03.8	184.5	
381 Julie Paillin	f	Red Line Rowers III	16:30.8	2:03.9	184.2	
382 Rodger	M	Free Spirits VIII	16:31.0	2:03.9	184.1	
383 Loretta Attey	f	Tribesports I	16:31.2	2:03.9	184.0	
384 FREELANCE MN SPEGGIORIN ORNELLA	f	ROWING CLUB MANTOVA II	16:32.2	2:04.0	183.5	
385 Zoe Barnes	F	Sub 7 XVI	16:33.5	2:04.2	182.7	
386 Lindsay Hewitt	F	DLC Gidea Park III	16:34.4	2:04.3	182.2	
387 IKimmie	F	Fitness Matters X	16:34.5	2:04.3	182.2	
388 Liezel du Preez	F	Free Spirits III	16:36.4	2:04.6	181.1	
389 Annette Wammen	f	RowPro Rowers II	16:36.5	2:04.6	181.1	
390 Maurice Buhot	M	FIRT VI	16:38.0	2:04.8	180.3	
391 Jack Gilmore	m	Forum Flyers VII	16:39.1	2:04.9	179.7	
392 Dariane Mazet	f	FIRT II	16:39.2	2:04.9	179.6	
393 Laurent Sinico	M	FIRT VI	16:41.0	2:05.1	178.7	
394 Rob Drury	m	Empty the Tanks II	16:42.2	2:05.3	178.0	
395 Susan Young	F	Sub 7 XVI	16:42.8	2:05.4	177.7	
396 Anne Slowski	F	Ski Erg I	16:44.4	2:05.6	176.9	
397 FREELANCE MN MARCHINI NICOLA	M	ROWING CLUB MANTOVA II	16:44.7	2:05.6	176.7	
398 Barbara C FM	F	Fitness Matters XI	16:45.2	2:05.7	176.4	
399 clareburrell	f	Free Spirits IV	16:48.7	2:06.1	174.6	
400 Claire Milne	F	DLC Gidea Park III	16:51.8	2:06.5	173.0	
401 Andrew Stanway	M	Free Spirits IX	16:55.7	2:07.0	171.0	
402 Rose Metalli	f	Fitness Matters XII	16:56.0	2:07.0	170.9	
403 Kathy Schofield	F	Forum Flyers II	16:56.4	2:07.1	170.7	
404 e-Clair	M	Free Spirits IX	16:56.9	2:07.1	170.4	
405 Sarah Graham Fuhrmann	F	Sub 7 XVI	16:57.2	2:07.2	170.3	
406 Lisa Stoehr FM	F	Fitness Matters XIII	16:57.5	2:07.2	170.1	
407 Steve Cary	M	Gee Crew I	16:58.0	2:07.3	169.9	
408 Rita Risley	f	Gee Crew II	16:59.2	2:07.4	169.3	
409 Rick Bayko	m	Forum Flyers VII	17:01.5	2:07.7	168.1	
410 Kirstin Esau	F	Free Spirits V	17:04.2	2:08.0	166.8	
411 Chet Cressman	M	Sub 7 XVI	17:06.8	2:08.4	165.5	
412 Cherie Christopherson	F	Penobscoot River IRC I	17:07.0	2:08.4	165.4	
413 Denise Cunningham FM	F	Fitness Matters XIV	17:07.9	2:08.5	165.0	
414 Nicola Chapman FM	F	Fitness Matters XV	17:12.5	2:09.1	162.8	
415 Caroline Champion	F	Sub 7 XVII	17:17.5	2:09.7	160.5	
416 Sheena Haveman	f	Free Spirits VI	17:19.4	2:09.9	159.6	
417 Kay Hughes	F	Team Oarsome II	17:25.8	2:10.7	156.7	
418 Chris Southam	M	C2TweetCrew III	17:26.4	2:10.8	156.4	
419 Nadine Coudroy	F	FIRT III	17:28.0	2:11.0	155.7	
420 Marie Pourcharesse	F	FIRT IV	17:28.4	2:11.1	155.5	
421 Matilda Walpole FM	F	Fitness Matters XVI	17:29.5	2:11.2	155.0	
422 Georgina Price	F	Forum Flyers III	17:30.1	2:11.3	154.8	
423 MrsHill Billy	F	Fitness Matters XVII	17:34.2	2:11.8	153.0	
424 Donna T	F	The Sprint Group I	17:35.3	2:11.9	152.5	
425 Dougie (RLR)	M	Red Line Rowers IV	17:38.1	2:12.3	151.3	
426 Claire Graham	F	Team Oarsome III	17:41.8	2:12.7	149.7	
427 Cat Trentham	f	Sub 7 XV	17:42.7	2:12.8	149.3	
428 Rachael Griffin FM	F	Fitness Matters XVIII	17:42.9	2:12.9	149.2	
429 Brian Fry	M	Age Without Limits II	17:44.8	2:13.1	148.4	
430 Arno Colonius	m	Forum Flyers VII	17:49.7	2:13.7	146.4	
431 Amanda Hyatt	F	Red Line Rowers IV	17:57.7	2:14.7	143.2	
432 Roger Burrell	m	Free Spirits VIII	18:01.1	2:15.1	141.8	
433 jean cavailles	M	FIRT VII	18:01.8	2:15.2	141.5	
434 joW FF	F	Forum Flyers IV	18:02.1	2:15.3	141.4	
435 Karla Poppleton	F	Taff Attack I	18:03.5	2:15.4	140.9	
436 Liz Gent	F	Ski Erg II	18:04.3	2:15.5	140.6	
437 Odile RIOUX	F	FIRT V	18:07.2	2:15.9	139.4	
438 Coralie Basque	F	FIRT VI	18:08.8	2:16.1	138.8	
439 Cynthia Runia	F	Age Without Limits I	18:14.7	2:16.8	136.6	
440 Sabine Bica	F	FIRT VII	18:16.7	2:17.1	135.9	
441 Ros Choate	f	Red Line Rowers V	18:18.5	2:17.3	135.2	
442 Sue Marks	F	Paddy Power III	18:18.6	2:17.3	135.2	
443 kerry williams	f	Fitness Matters XVI	18:18.6	2:17.3	135.2	
444 diana kornbrot	F	Sub 7 XVII	18:20.6	2:17.6	134.4	
445 FREELANCE MN MIGLIORINI ALESSANDRA	F	ROWING CLUB MANTOVA II	18:23.4	2:17.9	133.4	
446 Michelle Houghton	F	Free Spirits VII	18:30.1	2:18.8	131.0	
447 cindy HALLEZ	F	FIRT VII	18:30.2	2:18.8	131.0	
448 Caroline Joynton	f	Empty the Tanks I	18:31.1	2:18.9	130.6	
449 Chantal Cesses	f	FIRT VI	18:32.0	2:19.0	130.3	
450 Dave Carriere	m	Free Spirits IX	18:32.1	2:19.0	130.3	
451 Corinne Suarez	F	FIRT VII	18:37.6	2:19.7	128.4	
98 RowPro Rowers IV						
						Ruud Jackel (H)
99 Ski Erg III						
						Howard Brammer ski (H)
100 Empty the Tanks II						
						Jonathan Turns ETT (H)
						Rob Drury (L)
101 Forum Flyers VII						
						Peter Sheean (L)
						Arno Colonius (L)
						Jack Gilmore (L)
						Rick Bayko (L)
102 Tribesports II						
						Christopher Smith (H)
						Andy Tripp (H)
						rebr (F)
103 Gee Crew II						
						Rita Risley (L)
104 C2TweetCrew III						
						Chris Southam (H)
105 Age Without Limits II						
						Brian Fry (H)
106 Sub 7 XVII						
						Caroline Champion (F)
						Shelagh Allen (F)
						diana kornbrot (F)
						Rhonda Bishop S7 (F)
107 Free Spirits IX						
						Andrew Stanway (H)
						Gillian Burrell (F)
						e-Clair (H)
						Dave Carriere (L)
108 Red Line Rowers V						
						Ros Choate (L)
						Nadine Boles (F)
109 Sub 7 XVIII						
						Natalie Easterbrook (F)
						Amanda Gurley (F)

452 Rhonda Bishop S7	F	Sub 7 XVII	18:44.4	2:20.6	126.1
453 Shelagh Allen	F	Sub 7 XVII	18:47.1	2:20.9	125.2
454 Josyane Quadrado	f	FIRT VII	18:51.7	2:21.5	123.6
455 Annettski	f	Ski Erg II	18:59.7	2:22.5	121.1
456 Heather Powell	f	Sub 7 XVI	19:00.3	2:22.5	120.9
457 FREELANCE MN DEGLI ESPOSTI SONIA	F	ROWING CLUB MANTOVA II	19:10.3	2:23.8	117.7
458 lizh FF	F	Forum Flyers V	19:13.6	2:24.2	116.7
459 Vicky Sewell FM	F	Fitness Matters XIX	19:15.6	2:24.5	116.1
460 Jill Underwood	F	Free Spirits VIII	19:27.0	2:25.9	112.8
461 rebr	F	Tribesports II	19:41.0	2:27.6	108.8
462 FREELANCE MN COMOLA ANNA	F	ROWING CLUB MANTOVA II	19:52.2	2:29.0	105.8
463 Natalie Easterbrook	F	Sub 7 XVIII	20:04.9	2:30.6	102.4
464 Megan Blythe FM	f	Fitness Matters XVII	20:20.3	2:32.5	98.6
465 Amanda Gurley	F	Sub 7 XVIII	20:52.9	2:36.6	91.1
466 Mrs Walpole	F	Fitness Matters XX	20:53.0	2:36.6	91.1
467 Charlie Warrick	m	Fitness Matters XVIII	21:23.8	2:40.5	84.7
468 Nadine Boles	F	Red Line Rowers V	21:29.3	2:41.2	83.6
469 Hillbilly The Kid	m	Fitness Matters XIX	21:44.9	2:43.1	80.7
470 Jean Gilmore	F	Forum Flyers VI	21:51.2	2:43.9	79.5
471 87 years old but not cold	M	The Sprint Group I	22:47.7	2:51.0	70.0
472 mjpermut	f	Age Without Limits I	23:00.7	2:52.6	68.1
473 Gillian Burrell	f	Free Spirits IX	23:07.0	2:53.4	67.2
474 Frankie Studley	f	Fitness Matters XX	24:05.2	3:00.7	59.4

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